## **Virtual Spring Healthy Relationship Series 2023**

\*\*\*15 participants maximum registered for each class



Building Meaningful Relationships Healthy vs. Unhealthy Relationships Your Body, Your Choice: Consent 101

In these **virtual** classes, we will learn about different types of relationships, how to make friends, and how to stay safe online. Healthy vs. Unhealthy behaviors will be discussed along with different types of communication and how to resolve arguments. In the last session, we will discuss consent and boundaries and how to tell when someone gives consent or not. We will also discuss how and why relationships end and how to deal with some of those feelings.





## **Virtual Spring 2023 Session Dates**

**Spring 1**: 10:30 a.m. - 12 p.m.

Building Meaningful Relationships: Spring 1: 2/28, 3/2, 3/7; makeup class: 3/9 Healthy vs. Unhealthy Relationship: Spring 1: 3/14, 3/16, 3/21; makeup class: 3/23 Your Body, Your Choice Consent Basics: Spring 1: 3/28, 3/30, 4/4; makeup class: 4/6

**Spring 2**: 4-5:30 p.m.

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Building Meaningful Relationships: Spring 2: 4/25, 4/27, 5/2; makeup class: 5/4 Healthy vs. Unhealthy Relationship: Spring 2: 5/9, 5/11, 5/16; makeup class: 5/18 Your Body, Your Choice Consent Basics: Spring 2: 5/23, 5/25, 5/30; makeup class: 6/1

## Please complete the Referral Form to register:

https://forms.office.com/Pages/ResponsePage.aspx?id=nyLEd2juUiwJjH abtzi9fvBM7dHt5KmIRHuDwEa11UQIJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u

For questions or concerns, contact Kim at Kimberley.Butts@ct.gov, or by cell, 860-942-6948